

Adak's Monthly Newsletter featuring Local News and Events

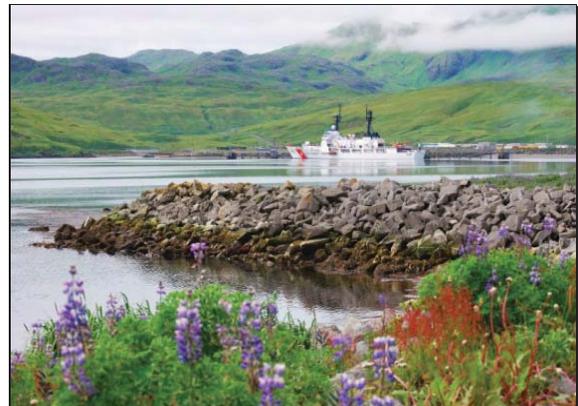
USCG Arrives Bearing Gifts



The US Coast Guard pulled into Adak aboard the Cutter Munro February 9, 2012.

A link in the Aleutian Chain: Munro visits Adak

Posted by PA1 Sara Francis, Wednesday, February 13, 2013



(l)Capt. Mark Cawthorn, commanding officer Coast Guard Cutter Munro, presents a Munro plaque to Thomas Spitler, mayor of Adak, in Adak, Alaska, Friday, Feb. 8, 2013. U.S. Coast Guard photo by Coast Guard Cutter Munro. (r) Coast Guard Cutter Munro in Adak July 2011. Photo courtesy Christopher Diaz

By Lt. j.g. Jacob Hauser

Spirits were high in the distant Andreanof Islands village of Adak Saturday afternoon as students, teachers and parents filled the mess deck of the visiting Kodiak-based Coast Guard Cutter Munro. Munro's crew provided a cinematic treat that Adak's children seldom get to experience, complete with candy, popcorn and beverages. Thirty viewers enjoyed the 2010 animated Lion's Gate film Alpha and Omega after receiving a guided tour of the ship.

Shortly after mooring, Munro's officers hosted Adak's Mayor Thomas Spitler and other community leaders in order to share sea stories about Aleutian life and thank the town of Adak for its hospitality. Munro's Commanding Officer Capt. Mark A. Cawthorn took the opportunity to present the citizens of Adak with a Munro plaque and life ring.

Eagle's Call

"We are grateful for the friendship and hospitality shown by everyone in Adak," said Cawthorn. "We love this island and all it has to offer. Some of the fondest memories of my 27 year career will be of time spent here."

These and other activities were coordinated by the leadership of Munro's Chief's Mess, Senior Chief Petty Officers Sean Twiggs and Jody Fogle, who reached out to Adak's community leaders weeks in advance to make arrangements for the big visit.

Petty Officer 2nd Class Sasha Baker, an electrician's mate, gave up liberty with other volunteers to host Adak's children and their teachers.

"We all enjoyed it" she said, "I like any time that we get to show what we do for the community, especially a small community like this."

Baker was asked by some of the older students what it was like serving aboard a cutter. After showing them how the crew lived aboard, and how members treated one another as shipmates, she heard something that made her day: 'I think this is something I can do!' Baker quoted one girl as saying.

"The youngest kids were all, really, really excited." Baker added, "We let them take turns in the helicopter and our aviation survival technician [Petty Officer 1st Class Rob Williams] let them push buttons and pretend to fly it."

Williams ensured safety and explained how things worked to the visitors.

"We also took them to the bridge, which they loved," said Baker. "They were all very well behaved and they thanked us when the day was over. The adults were appreciative as well."

Every visitor left Munro with patrol wear, courtesy of the morale committee. Smiling young faces complemented the words scrolled on each t-shirt: Business As Usual: 9,583 Nautical Miles, 68 Days, 65 Flight Ops, 17 Boardings and 14 Lives Saved.

In the spirit of past Bering Sea cutters, Munro's crew makes regular visits to Adak during its Alaskan patrols, where mountains, trails, caribou herds, fishing alcoves and a tight-knit community make for a favorite port call among the crew. When Munro came to Adak last summer, Lt. j.g. Drew Cavanagh, Munro's weapons officer, hand delivered four stones from the island for Ms. Nancy Jones, a native of Kodiak whose daughter Elaine Smiloff serves as the harbormaster in Adak. The stones were brought by Munro to the grave of Elaine's father at Kodiak. Incidentally, Adak is the Aleut word for father. Mrs. Jones joined Munro's wardroom for lunch last November, passing on her gratitude to all hands in homeport.

SWAMC Visits Adak



L) Erik O'Brien, Andy Varner, Andy Baker, Layton Lockett

SWAMC, a non-profit Economic Development group comprised of approximately 50 members, which acts like an umbrella organization lobbying on behalf of communities and business interests within the Southwest Region, visited Adak in early February. Andy Varner, Executive Director and Erik O'Brien, an economist/economic development specialist, at SWAMC were accompanied by Andy Baker, a private consultant whose primary objective is the installation of renewable energy sources where needed.

Varner and O'Brien are currently visiting communities in the Southwest region to find more affordable reliable sustainable power options that can translate into increased economic development opportunities for each community. Varner was specifically looking at wind and hydro options for Adak. Power system efficiency is also a prime concern. Power cost is increased by delivery inefficiency, and can affect economic development opportunity in Adak, when the cost of power is too expensive. We have seen the economic effects of power costs here in Adak, with the announced closing of Icicle after A season due to energy costs.

Varner, O'Brien, and Baker toured Power Plant 3 on Bering Hill. Varner says the current system does not fit our community needs, as it was made for 60 years ago. Much of the power generated here in Adak and other remote regional communities in Southwest Alaska have been funded or subsidized by the Alaska

Energy Authority. The AEA has contracted SWAMC to gather statistical and inferential information from Southwest Alaskan communities for help in deciding long term fiscal directions for the AEA and the State of Alaska. Currently, AEA provides PCE credits to local residents and fiscal programs to the current power provider TDX Adak Generating. Varner and O'Brien are trying to determine, if it would benefit the AEA to continue the current fiscal spending on PCE credits and subsidies, or would funding a new power generation source for Adak be a more suitable expenditure.

The City has contracted McMillen to furnish an engineering analysis on hydro power, to be generated from one of two dams, Lake Bonnie Rose or Lake De Marie. The analysis will include site location, generation, delivery, and administrative costs; basically – how many millions will a new hydro– electric facility in Adak cost to build. Once the feasibility and costs have been estimated, the City of Adak, would still have to find a funding source for the much needed power plant. The lower power costs, means more economic development opportunity

Varner's economic development hopes for Adak include: full year fish plant operations, finding lower energy costs, development of arctic support operations, improved transport services and opportunities, including Port enhancement for the Northwest shipping passage, which could give Adak a logistical advantage in the Aleutians. Varner also stated that the ACDC CQE program has been very successful for Adak, and is one of if not the most successful CQE programs in the region.

Varner, O'Brien and Baker spent their time here on Adak, touring the Island with Lockett; meeting many business owners and community leaders while here. Varner stated that Adak has a good advantage with Layton Lockett as our City Manager. Lockett has been an articulate, informed, and diligent representative of Adak's interests. Lockett also brings a new perspective of the remote Aleutian Communities west of Dutch Harbor.

Adak City Council passes Resolution 13-2013-003: A RESOLUTION REQUESTING THE ALASKA DEPARTMENT OF TRANSPORTATION, MARINE HIGHWAY SYSTEM TO INCLUDE ADAK IN THE FERRY SYSTEM SCHEDULE. The resolution passed unanimously at the city council meeting held February 27, 2013.

Movie Night with Chief Tannehill a Success – Children and parents were treated to the Disney classic movie "Old Yeller", while enjoying popcorn and beverages. Movie night will continue throughout the year on the third Tuesday of each month at 6pm in the community center. See you there!

SHELTER FROM THE STORM



L) Small Fishing vessels tied up at pier 3



R) The Pacific Explorer with other boats & Bald Eagles at pier 5

DAYLIGHT SAVINGS TIME TAKES EFFECT MARCH 10, 2013 AT 2:00 AM

Remember to turn your clocks forward one hour.



Happy St. Patrick's Day

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Community Church 9am	4	5 Open Gym 6-8 pm	6	7 Open Gym 6-8pm	8	9
10 Community Church 9am DAYLIGHT SAVINGS	11	12 Open Gym 6-8 pm	13	14 Open Gym 6-8 pm	15	16
17 Community Church 9am SAINT PATRICK'S DAY	18	19 Movie Night with Chief Tannehill 6:00 PM Movie TBA	20 CITY COUNCIL MEETING 5PM	21 Open Gym 6-8 pm	22	23
24 Community Church 9am	25 SEWARD'S DAY	26 Open Gym 6-8 pm	27 Volunteer Fire Dept Meeting 3 pm Community Center	28 Open Gym 6-8 pm	29	30
31						

*The Adak Community Church invites you to Orthodox Services starting at 9am.
Non-denominational services start at approx. 10 am.

Get your event on the Community Calendar 592-4500.

COMMUNITY RECIPE BOARD

SAMOSAS

12- egg roll wraps or 24 won-ton wraps	2- boiled potatoes skin on if u like
1- chopped onion	1-small head cabbage shredded (like 4 slaw)
Any ground meat – One pound	1 tsp. cumin
1tsp. curry	1 tsp. tumeric

play with the 3 spice to see which you like best and add more if you like
 2-3 minced garlic cloves and any other veg. u like can be substituted
 stir fry ingredients in a little oil starting with meat 1st get it cooked and then add vegetables until a little wilted. Place mixture in wraps, roll or fold, sealing edges of wrappers. Deep fry till golden, and serve with Sauce.

Recipe provided by Mary Stewart

My Peanut Sauce

1heaping TBLS. Of Coconut oil or olive oil	2 TBLS. of sesame seeds
1 cup peanut butter 2- minced cloves garlic	1 TBLS. soy sauce
1 can coconut milk	for "heat" add a pepper of your choice

Put oil in pan add seeds, garlic, and pepper and stir a couple minutes, then add rest of ingredients till yummy looking...hehehe.....SO YUMMY!!!!!!!

Recipe provided by Mary Stewart

Roasted Brussels Sprouts & Carrots

Oven 450 degrees

2 Tablespoons Vegetable Oil	Juice of 1/2 lime;
2 teaspoons sugar	1 clove garlic minced
1 teaspoon Kosher salt	Pinch Red Pepper Flakes
1 lb Brussels Sprouts; quartered	½ lb carrots; sliced

Whisk first six ingredients together. Add Brussles Sprouts and carrots to mixture – toss to coat evenly. Roast until tender, about 25 minutes, and remove from oven. Toss roasted vegetables with juice from the other half-lime, salt, and mint leaves to taste.

Recipe from "The Food Network" Magazine

Homemade Ricotta Cheese

6 ½ Cups Whole Milk	1 ½ Cups Heavy Cream
Kosher Salt	1 Tablespoon fresh lemon juice
2 ½ Tablespoons distilled vinegar	

Line a large sieve or colander with a double layer of cheese cloth or paper towels and set over a bowl. Bring the milk, cream, and 1 teaspoon salt to simmer in a nonreactive pot over medium heat, stirring occasionally. Add the lemon juice and vinegar and cook, stirring, until the mixture curdles, about 1 minute. Pour the curdled mixture into the sieve/colander and let drain, discarding the liquid (whey) from the bowl as necessary, at least 5 minutes or up to 30 minutes for a thicker cheese. Store cheese in an air-tight container, in refrigerator, for up to four days.

Recipe from "The Food Network" Magazine

NEWS FROM EASTERN ALEUTIAN TRIBES' ADAK COMMUNITY HEALTH CLINIC

March 2013

It's not too late to get your flu shot!

Call 59-8383 to get an appointment today!

Who Should Get Vaccinated This Season?

Everyone who is at least 6 months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated. Those people include the following:

People who are at high risk of developing serious complications like pneumonia if they get sick with the flu. This includes:

- People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
- Pregnant women.
- People 65 years and older

People who live with or care for others who are high risk of developing serious complications. This includes:

- household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.

GOING OVERSEAS? CALL CHRIS AT THE CLINIC FOR INFORMATION ON VACCINATIONS YOU MAY REQUIRE TO TRAVEL.

If you or someone in your family is a victim of domestic violence, you are urged to contact your local clinic to speak to an advocate, or visit the Alaska Network on Domestic Violence website for information about resources and safety planning.



Katie Eby, PA and Nikander at the Welcome Luncheon! Welcome to Adak, Katie!

Fifteen year-old Dustin Newman of King Cove produced a video of residents discussing medical emergencies and the need for a life-saving road from King Cove to the Cold Bay Airport in order to provide safe, reliable transportation. Interviews are with Cameron Spivey, clinic nurse practitioner; Thomas Dobson, resident; Agnes Beaver, resident; Robert Gould, police chief and Chris Babcock, fire chief.

Watch it here :

<http://www.youtube.com/watch?v=43eYUyJzWUY> (there's a link to it on EAT's Facebook page as well)

IS COLORECTAL CANCER AWARENESS MONTH

Lower your risk

Diet, weight, and exercise all affect your risk for colon cancer. You can help lower your risk by eating more vegetables, fruits, and whole grains, and less red meat (beef, lamb, or pork) and less processed meat (hot dogs and some luncheon meat). Men should limit alcohol to no more than 2 drinks a day, and women to no more than 1 drink a day.

You can also help lower your risk for colon cancer by getting more exercise and staying at a healthy weight. Smoking also increases the risk, so if you smoke, try to kick the habit.

www/cancer.org for more information

To apply for state assistance, Food Stamps, Denali Kid Care, Medevac Flight Insurance, Sliding Fee Scale to help pay for medical visits, Home Heating Assistance, and other programs, see Cynthia, State of Alaska Fee Agent at the Adak Clinic, for applications, assistance and information.



Alaska Migratory Bird Calendar Contest

Almost every year at least one Adak student becomes a published author or artist whose work is included in the Alaska Migratory Bird Calendar, with a state-wide distribution of over 18,000 copies. The 2013 calendar features poems by three Adakians: Vuna and Ramzes Penitani and Geselle Nieves. Be sure to pick up a copy of the calendar on the kiosk by the Post Office window!

The Alaska Migratory Bird Calendar Contest (formerly the Goose Calendar Contest) is a poster and literature competition for K-12 students (public, private or home-schooled) living in western Alaska and the Aleutians. The contest began in 1988 as a way to encourage local children to learn about the birds of their area while developing their art and writing skills. The Bird Calendar has become a favorite throughout rural Alaska and can be found hanging in many offices and homes.

Each year the contest has a different theme focusing on a facet of migratory bird conservation (for example, 2013's theme was *Spectacular Shorebirds*). Students interpret the themes in wonderfully diverse ways, making the task of the judges extremely difficult. Contestants send their entries to the office of the National Wildlife Refuge (NWR) closest to their home. Entries from Adak, Atka, Nikolski, Unalaska, St. Paul and St. George are submitted to the Alaska Maritime NWR, since most of the islands in the Aleutians lie within its boundaries.

There are four ways to win:

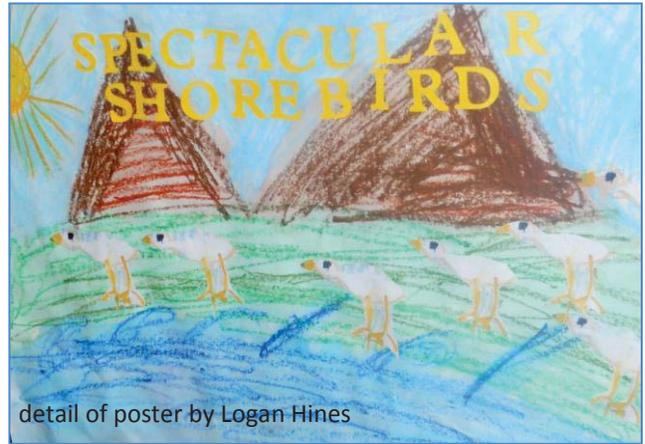
- Certificates of Appreciation. Every student who submits an entry receives a "Certificate of Appreciation" signed by the U.S. Fish & Wildlife Service Regional Director.
- Local Contest. Each Refuge office conducts a local contest with the help of five judges. They select winners in each of the four calendar categories for both poster and literature entries (grades K-2, 3-5, 6-8, and 9-12). These 24 winners (12 poster and 12 literature) receive ribbons.
- State-wide Contest. Each Refuge office sends their 24 local winning entries to Anchorage for the state-wide contest. Five independent judges select 12 state-wide literature and 12 state-wide poster winners (3 in each of the calendar categories) to be printed in the calendar. They also select one Grand Prize Literature and one Grand Prize Poster winner. Grand Prize winners receive a big ribbon, new bike and a helmet. The other state-wide winners receive ribbons and other prizes. Local entries that were not chosen as state-wide winners are sent back to the Refuge office they came from.
- Manager's Choice. The manager of each Refuge selects one of the returned local winners as the "Manager's Choice." These are also published in the calendar.

Adak's entries for the 2014 calendar are at the Alaska Maritime NWR office awaiting the local contest, to be held on 27 February. Local winners will be featured on the Alaska Maritime NWR Facebook page (<http://www.facebook.com/AlaskaMaritimeNationalWildlifeRefuge>), and state-wide winners should be announced by late March. 2014 calendars will be distributed next November.

Considering the number of entries each year can exceed 1,700, having a poem or artwork featured in the calendar is quite an achievement! Adak's kids have historically done very well. 2011's calendar featured poems by Geselle, Sierra and Yaxaira and a poster by Lance, and Augie's poem was the Manager's Choice (see below). In 2010 Alicia's poem was the Manager's Choice, and a third of the calendar's winning poems were written by Adakians (Geselle, Liorah, Dacia and Makani)--you can read all of them by clicking on the link to the [2010 Statewide Calendar Contest Literature Winners](http://alaskamaritime.fws.gov/visitors-educators/educators/SpecialEvents.htm) at the Alaska Maritime NWR's website (<http://alaskamaritime.fws.gov/visitors-educators/educators/SpecialEvents.htm>)

Some of the credit for Adak's success is due to our wonderful Adak Public School teachers, who not only incorporate the contest and its important conservation message into their curriculum, but also provide excellent guidance and inspiration (and sometimes fun field trips)! But most of the credit goes to our amazing kids, who absorb a plethora of information and images, then synthesize it into something of their very own, unique and special.

Three cheers for this year's contestants, and best of luck to you all!!!



detail of poster by Logan Hines

Sanderling Fast Little Bird

This shorebird is very curious,
With his legs, he's fast and furious.

Away from breaking waves, he appears quite calm,
He's quick and fast and would fit in your palm.

No bigger than a child's block,
He hunts alone yet migrates in a flock.

In flight he calls, "twick, twick, twick,"
Spectacular shorebird so small and so quick.

by Vuna Penitani Jr.
(Alaska Maritime NWR Manager's Choice, 2013)

We write Unangax songs about birds,
Sam angachingis Unangam tunuu inlan aluŕikus,

The legendary raven first we heard,
Qanglaaŕim uniika itaangis tutaŕaqaanis,

Like us they jump before they fly.
Tingin lidal higitil aqadaguun tam igazas.

by August Bennett
(Alaska Maritime NWR Manager's Choice, 2011)



Make sure to follow us on Facebook at www.facebook.com/cityofadak

We want to hear from you! Let us know what you think. All comments are appreciated.

City of Adak, Alaska
P.O. Box 2011
Adak, Alaska 99546



Boats Seen in Adak

JustWordSearch.com

GWUJUDIBJAWDNALS IYKCULRTR
 KNORCOASTERPXF C PYBSVOYBLE
 EOZCBKXYOMEAESGMNWP FMRLN
 TXJEYFEBHSDAJ FN LKWRNV I LMN
 PRYGHURUQXRAPSRETTUCGCSUTA
 RELAHWNOTS O B D S I Z G Z X U L H Z Z E
 ETAURUSTITTLARILYUNWUDMAJ
 GSPACIFICEXPOLORERMAUXVPN
 PMROTSNAECOACGBIAHMHVHIRRE
 WRIFYFTROJANKIFUVILALJKEIR
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- CLAIREOCEANA
- OCEANSTORM
- BOSTONWHALER
- CASCADE
- STANLEYK
- KANERVA
- LARISSAM
- COBRA
- SELAH
- KARENJEANNE
- TAURUS
- DEJAVU
- TROJAN
- NORCOASTER
- HERITAGE
- LUCKYISLAND
- BLACKPEARL
- KARENEVICH
- SANDRAL
- JUDIB
- ALEUTIANLEADER
- PACIFICEXPOLORER
- USCGCUTTERSPAR
- USCGCUTTERMUNRO
- ALEUTIANPRIDE